
DJS Health Beat Monthly Circular

Department of Juvenile Services

Knowledge Is Power: Diabetes

Diabetes is a disease in which blood sugar levels are above normal. Most of the food we eat is turned into sugar (glucose), for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity (legs and feet) ulcerations and amputations. Diabetes is the sixth leading cause of death in the United States.

People who think they might have diabetes should visit a physician for diagnosis. They might

have some or none of the following symptoms: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands or feet, feeling very tired much of the time, very dry skin, sores that are slow to heal, and more infections than usual. Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent (Type I) diabetes. Risk factors for Type I diabetes (insulin dependent), include autoimmune, genetic, and environmental factors. Type 2 (non-insulin dependent) risk factors include: older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity. Healthy eating, physical activity,



and insulin injections are the basic therapies for type 1 diabetes. People who live with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high.

People with diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes.

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Special points of interest:

- *Diabetes*
- *July is UV Safety Month*
- *High Blood Pressure*
- *Drink Up*
- *Does Sleep Matter?*
- *Caught Ya*
- *Survive the Heat*

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In the News...July is UV Safety Month

The short term results of unprotected exposure to UV rays are sunburn and tanning. Long-term exposure causes prematurely aged skin, wrinkles, loss of elasticity, dark patches and actual skin cancers. You need to be especially careful in the sun if you: have numerous or irregular moles, were previously treated

for skin cancer, work indoors all week and then get a tan on weekends, have freckles and burn before tanning, have fair skin, blonde, red, or light brown hair, have a family history of skin cancer, live or vacation at high altitudes, spend a lot of time indoors, or take certain medications (see prescription information).

Protect yourself from overexposure to UV rays by: limiting direct sun exposure, cover up, wear a hat, use sunscreen with an SPF of 15 or higher, wear sunglasses that block UV rays, avoid sunlamps and tanning booths, and check your skin regularly. See a physician when necessary.

Vital Signs: Controlling Blood Pressure



Blood pressure is the force of blood pushing against blood vessel walls as the heart pumps blood through the arteries. High blood pressure, also

known as hypertension, can cause permanent changes to your blood vessels and heart which may result in serious complications in other areas of the body. If left untreated, hypertension can increase your chances of having a

heart attack, heart failure, stroke, and/or kidney disease. About 30% of American adults have high blood pressure, and many don't even know it. Have your blood pressure checked regularly, especially if you are: over 55 years old, overweight, physically inactive, eating a lot of salt or salty foods, African-American, living with diabetes, a smoker, or a heavy drinker.

Unfortunately, high blood pressure usually has no symptoms, which is why it is known as "the silent killer." The causes are not fully understood, but there's no mistaking the prob-

lems it can cause. No matter how old you are, you should know your blood pressure and have it checked at least once every year.

A normal blood pressure for an adult is considered to be less than 120/80 mm/Hg. Use this norm to help you monitor your own blood pressure.

The following are websites where you can get more in-depth information:

www.nhlbi.nih.gov/hbp/index.html

Cdc.gov

Common Sense: Drink Up



Staying well hydrated is essential to maintaining adequate blood volume, energy levels and body functions. Water

does far more for your body than just satisfy your thirst. Almost every body cell, tissue, and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount. From the hot, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain its normal

temperature. Most people should consume approximately eight to twelve cups per day. However, the exact amount depends on your activity level. If you're working or playing outside, your hydration needs are higher. In addition, if you have more muscle than fat, you also need more liquid. One quick estimation of dehydration is to check the color of your urine, it should be pale to colorless.

Bottled water, in many cases, is no better than the water in your tap. It is more convenient and that makes it nice for people who have trouble remembering to consume the recommended amounts per day.

While drinks supply a good portion of our hydration, you can use food to add to your hydration as well. For instance the following are percentages of water in food: lettuce (95%), watermelon (91%), apples (85%), yogurt (85%), broccoli (89%), and carrots (88%).

So, if you feel like you get too "water logged", trying to get your daily supply of water, work some of it in through your solid food, during snacks and meals.

Ask A Nurse: Is Adequate Sleep That Important?

Sleep is the most important aspect of your health. You could go several weeks without eating, but you can't go 4 days without sleep. Eight hours is about the average sleep each night for most people. Let your body determine when it has had enough sleep. If you get up too early, you're going to have a sleep deficit, as well as a dream deficit, that you will have to make up at some future time. Sleep is necessary for growth, healing, and avoiding anxiety. Adequate sleep prevents and minimizes pain. Getting a decent nights sleep

apparently does more than provide good rest—it seems to curb the number of pounds women put on as they age, according to a new study. A few tips to help if you are having problems: set a regular sleep schedule, avoid foods and drugs with stimulants in them, such as chocolate or caffeinated drinks, don't eat large meals close to bedtime, avoid alco-



holic beverages close to bedtime, get moderate amounts of exercise every day, make sure your bedroom is sleep-friendly, and don't watch T.V. or play video games before going to bed. If you are having sleep problems, keep a sleep diary. Note your eating patterns, alcohol and medication usage, sleeping times, and other behaviors to find patterns to help pinpoint problem areas. If you are suffering from chronic insomnia (the inability to fall or stay asleep), you should be evaluated by your physician or by a health-care professional.

Special Feature: Caught Ya Being Good!

Tilethea Jones from Headquarters is our first and so far, only nominee for July's Caught Ya Being Good. Tilethea is the Special Assistant to Roxanne Parson in our QAA division. She has been nominated for keeping up the 4th floor women's bathroom. Although, never asked to take on this task, Tilethea has gone to great lengths to keep this area clean, purchase great smelling anti-microbial soap, and great hand lotion, and makes sure that they are available at all times. Thank you Tilethea. Remember your name is being placed into the hat for the drawing of the quarterly Caught Ya Being Good DJS Employee. The 1st quarterly drawing will occur in October.

Please remember to keep your eye out for other DJS or Agency personnel working in a

DJS facility or office, practicing good infection control and safe workplace practices. Nominate them by completing a Caught Ya Being Good form, which can be obtained from the DJS internet or intranet sites. Mail or email the form to Taffy Clark, address and e-mail are located on the last page of the newsletter. If your nominee is the quarterly winner, they will get an article in the newsletter all about them along with an infection control gift from the DJS somatic health division.

The following are some things to watch out for:

- * Replacing of paper towels or soap in restrooms.

- * Picking up trash and cleaning up spills, even if they were not the cause.
- * Calling for repairs of broken equipment, that could potentially harm other staff, youth or visitors.
- * Going above and beyond, like Tilethea.
- * Wiping down high touch surfaces.

- * Acquiring hand sanitizer from the facility to replace empty bottles.



Caught Ya Being Good

It's up to you all now!

Fun Facts About The Fourth of July

- Pigs don't sweat, because they don't have sweat glands.
- In 1776 there were 2.5 million people in the 13 colonies.
- On July 4th, 2007 there were 302 million people in the 50 states.
- The number of places with "America" in its name is 5.
- The number of places in America with "Independence" in its name is 11.
- Florida produced 835 million pounds of watermelon 2 years ago.
- New Castle, PA, home to the Nationally recognized display companies, Zambelli International and Pyrotechnico, proclaims itself to be the "Fireworks Capital of America."
- Settlers brought fireworks to the U.S. during the 1600's.
- In today's public display shows, computers are used to control the launching of the fireworks and the synchronization of the aerial bursts with music.

The first Independence Day fireworks celebration was in 1776, and was memorialized by then the future president John Adams:

"The day will be the most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival...it ought to be solemnized with pomp and parade/...bonfires and illuminations from one end of this continent to the other, from this day forward forevermore."



Healthy Recipes and Fun Food Factoids: Food of the Month is Blueberries

Blueberry—Beef Burgers

Ingredients:

- 2 slices whole-wheat country bread, crusts removed, torn into pieces
- 1/3 cup fresh or frozen and thawed blueberries
- 1 tbsp balsamic vinegar
- 2 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 2 cloves garlic, minced

1/4 tsp. salt, or to taste

Freshly ground pepper, to taste

12 ounces 90% - lean ground beef

Preparation: place bread in a food processor and pulse into fine crumbs. Add blueberries, vinegar, mustard, Worcestershire, garlic, salt and pepper to the food processor; process until pureed. Scrape into bowl with the bread-crumbs. Add ground beef and mix well with a potato masher. Divide the mixture into four equal portions; form into 1/2 inches thick pat-

ties, about 4 inches in diameter. Preheat broiler or grill. Cook patties until browned and no longer pink inside. Serve immediately with or without rolls and toppings.

Nutrition: Per serving: 200 calories; 9g fat; 55mg cholesterol; 9g carbohydrates; 19g protein; 1g fiber; 343 mg sodium; 343 mg potassium. 1/2 carbohydrate serving. Exchanges 1/2 starch, 2 1/2 lean protein, 1 fat.



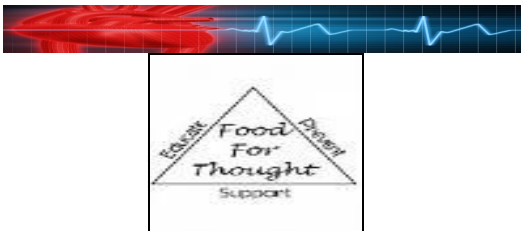
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KEEP THE BEAT ALIVE!



Food For Thought

Tips for Surviving the Summer Heat

- ◇ *NEVER leave children or pets alone in closed vehicles.*
- ◇ *Dress for the heat. Wear light-weight clothing.*
- ◇ *Drink water.*
- ◇ *Eat small meals and eat more often.*
- ◇ *Slow down. Avoid strenuous activities during the hottest part of the day, between 10am and 4pm.*
- ◇ *Stay indoors when possible.*
- ◇ *Take regular breaks when engaged in physical activities on warm days.*

Have fun, but stay cool!



About the Season: Outdoor and Water Safety

Summer is in full swing, and it is time for fun in the sun and relaxing in the water. Pools and lakes are a great way to cool off and to have a good time in the heat of the summer months, but there are important rules for water safety in these places. Be aware of the following guidelines and precautions before hitting the water for a fun and enjoyable summer! Learn to swim, and never swim alone. Swim in areas supervised by a lifeguard. Read and obey all rules and posted signs. Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal flotation device. Watch out for the dangerous “too’s” - too tired, too cold, too far from safety, too much sun, too much strenuous activity. Set water safety rules for the whole



Stay Safe This Summer

family. Be knowledgeable of the water environment you are in and its potential hazards. Pay attention to local weather conditions and forecasts. Use a feet-first entry. Enter headfirst only when the area is clearly marked for diving and has no obstructions. Do not mix alcohol with swimming, diving or boating. Know how to prevent, recognize, and respond to emergencies.

Risk of lightening is high on the list for swimming, boating, fishing, mountain hiking, climbing, camping and golfing. Drop metal objects like golf clubs, tennis rackets, and umbrellas. Get off bicycles, motorcycles, horses, and golf carts. If you are caught in an open field, seek a low spot. Don't return to an

open area too soon. Swimmers, anglers, and boaters should get off lakes or rivers and seek shelter when storms approach.

Anyone spending time outside should pack and carry a first aid kit. Never leave children unattended, around water, at a camp site, on a boat, or in an unfamiliar area. Post CPR instructions and 9-1-1 or your local emergency number in the pool area. Enclose the pool completely with self-locking, self-closing fence with vertical bars. Always keep basic life saving equipment by the pool and know how to use it. Pool covers should be completely removed prior to pool use. If a child is missing, check the pool FIRST! Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.
